



Term 4
2016

MILANG

OLD SCHOOL HOUSE
COMMUNITY CENTRE

The Milang Old School House Community Centre is an initiative of the Milang and District Community Association Inc.

Bookings are essential for all MOSHCC programs as class sizes are limited.

Book either by phone, in person or by email:

24-25 Daranda Terrace, Milang SA 5256

Ph. 08 8537 0687 Email: reception@moshcc.com.au

Sign up for email updates at www.moshcc.com.au

The logo for tafeSA, featuring the word "tafeSA" in red lowercase letters with three red circles of varying sizes above the 'e'. The logo is centered within a white circle, which is itself inside a larger light blue circle.

We try to keep course costs to a minimum so that everyone can participate. If the cost of a course causes you financial difficulty please talk to one of the Adult Community Education team (Stuart & Marie-Claire)

* Recognised ACE funded course

** Unit from the Foundation Skills Training Package (FSK)

Crèche

9:30—12:30

Available Monday and Wednesday, during school term. Come and try something new while childcare is available.

With limited places, bookings are essential
—Ring MOSHCC 08 8537 0687

Donations Gratefully Accepted



Intro to Water-wise Gardening *

**FSKOCM03 Participate in simple spoken interactions at work

Mondays 12:30pm-3:30pm

Starts Monday 24th Oct for 8 Weeks

Cost: \$5 per session

Bookings essential.

Hands on series to plan & create a garden bed at the Butter Factory. Get tips & hints from our talented tutor & build your skills whilst you work on this group project!

Social Media *

**FSKWTG04 Write simple informal workplace texts

Thursdays 9:30am-12:30pm

Starts 20th Oct for 9 weeks

Cost: \$5 per session

Where: MOSHCC: ACE Space

Facebook, Twitter, Instagram.... Ready to test the waters of social media? Learn the ropes with our friendly tutor. For yourself or perhaps your small business? Get your message online and seen!

Get Native!*

This 8 week **Bushfood** course starts

Mon Oct 17th from 9.30—11.30am

Cost: \$5 donation/week

Where: ACE Space @ MOSHCC

Discover bushfood in the local area. Learn about seed collection and propagation techniques, hands-on cooking, taste testing, quizzes and more. Bookings essential. ring MOSHC 85370687



Writing Poetry * for Pleasure & Publication

Wednesdays fortnights 1.30–

3.30pm 5th, 19th Oct, 3rd Nov etc.

Cost: \$5 donation/session

This course is for anyone who likes poetry and wants to learn new tips and tricks to create powerful poems and how to edit and publish their work. Everyone can write poetry!.. It's about playing with words. Come and have a go!

Ukulele for Beginners

Starts

Wed Oct 19th from 6-7pm

Cost: \$5 donation/session

Where ACE space at MOSHCC

Ukulele is a fun, easy to play, inexpensive instrument that's a great introduction to music! Once you learn the basic chords and strumming patterns you won't stop playing! BYO or try one of ours. Book now on 85370687

Writers Group “Lakeliners” *

Mondays fortnightly 7pm
8th, 22nd August, 5th, 19th Sept
etc.

Cost: \$2

Join the Lakeliners in an enjoyable and friendly group setting. Fiction, autobiography, poetry... All genres. Bring your ideas, share your stories, learn from others.

Community Cruiser

2nd Nov Mt. Lofty Botanic Garden

Tues 6th Dec Captain Proud Cruise

Cost: \$10 donation for bus plus costs of the day e.g. entries, meals etc.

Bus trips open to Community Care recipients & support persons (a partner, family member, friend or care worker) Gain new experiences and explore new places together. Book early to avoid disappointment.

Sticky Beak Tours *

Oct 18th Prospect Hill Museum

Nov 15th Mystery Trip

Dec 20th Christmas Lunch

Cost: \$10 donation for bus plus cost

"Sticky Beak' men's group has monthly outings every third Tuesday of the month. Please pick up a program from MOSHCC. Bookings essential.

Tai Chi with Jen

Wednesday 1pm

Cost: \$10 or \$80 per term

FIRST SESSION FREE!!

Where: Milang Institute Supper room

Tai Chi is like giving yourself a gift. A chance to relax, gently improve balance & flexibility and your inner health. I invite you to try Tai Chi - It may surprise you like it did me! Jen



WOW outings *

Every third Thursday 9.30am

Oct 20th Walk in Kuitpo Forest

Nov 17th Dolphin Cruise

Cost: \$10 donation for bus plus costs

A Women's group with a difference! It's about coming together to learn through monthly bus outings of interest to women of all ages. Sounds like something you want to do? Ring MOSHCC.

Table Tennis

7:30pm

Thursday nights

Cost: Gold Coin

Where: Milang Institute

Social Games: 7:30pm Thursday nights, ALL WELCOME.

Mah Jong

Wednesday 1.30pm

Cost: \$2

Where: MOSHCC

Learn to play this mentally stimulating Chinese game of skill.

Cards

Tuesday 1pm

Cost: \$2.50

Where: MOSHCC: ACE Space

A great afternoon, play an old favourite or learn something new! Come and enjoy a friendly game.

Women's Support Group

Starts soon

Where: Milang / Strathalbyn

Please register your interest

Call MOSHCC 08 8537 0687

Struggling with parenting issues, depression or anxiety? Just want some company and a chat? Register your interest on 08 8537 0687 Or chat with Jodie our group facilitator on 0432 442 544

Connecting the Dots

Tues or Wed 1pm - 3pm

To be confirmed

Where: Strathalbyn

Ring Colleen on 0499373148

An open and ongoing support group for men and women. Explore strategies for coping with depression, anxiety, and other related issues you might live with.

"Easy Peasy" Cooking Classes

Wednesdays 10am -1pm

When: Oct 19th over 6 weeks

Cost: \$5 donation/week

Where: ACE Space kitchen

Do you want to learn cheap ways of preparing healthy meals from scratch, perhaps you would like to join this cooking class. To get involved please contact MOSHCC on 85370687

Hand Up Mentoring

Sharing the Journey

Do you want to make a difference in your community?

Been through some tough times in your life and learned to turn the corner? May be you like to support someone who is going through some difficult patch at the moment? Why not give us a call on 0488465043 and find out how you could get involved.

Computing 1 to 1

Tuesday mornings by appointment During School Term
Cost: \$5 donation/ Session
Where: MOSHCC

Get started with using Windows, using the internet and email. Book a time with our friendly IT tutor to help you get started.

Basic Computing & Internet free for over 50's, Other topics \$5



Keep Fit

Thursdays 10am
Cost: \$2
Where: Milang Institute Supper room

Exercise for men and women of all ages and abilities. Standing or sitting, increase your fitness in a friendly and fun environment. Simple, safe and flowing movements.

Meals on Wheels

Hot or frozen Meal Delivery
Weekdays
Call MOSHCC for more information

Meals on Wheels provides a balanced meal for anyone in the community in need of support. Soup, main meal and dessert delivered frozen weekly or hot/ ready to eat on weekdays.

Stepping On

Tuesdays 10am
Cost: \$2
Where: Milang Institute Supper room

An hour of gentle and slow exercises in a fun and supportive environment to improve strength, balance, endurance and bone density. Find it hard to keep active and motivated? Come along and try it out!

Yoga

Tuesdays 5.30pm
Cost: \$2
Where: in ACE Space at MOSHCC

Home grown Yoga! Join in as the group follows along with DVD instruction.

Friday Feast

Fridays 12:30pm
Cost: \$7 for two course meal
Where: MOSHCC: ACE Space

Our wonderful Friday Feast volunteers provide a fantastic and affordable lunch. Includes main meal and dessert, and a cuppa afterwards all for \$7. Transport available if required.
Bookings Essential by Wed.

Community Garden

When: Every Tuesday!
Where: Community Garden
Corner Rivers/Coxe Street

Join a group of keen volunteer gardeners who work together in our beautiful community garden. Share skills, learn together and enjoy the garden.

Friendship & Craft Club

Wednesdays 10am—12pm
Cost: Gold Coin donation
Where: Milang Church of Christ Hall

Join a relaxed, friendly morning with a cuppa, bring along your craft you are working on and enthusiasm to share and learn from each other. At times we invite tutors to show their craft. Some like to just come along for a chat and cuppa - that's fine, too!

Cycling

Fridays 7 - 8.30am
Cost: Free
Where: ACE Space @ MOSHCC

Cycling is a great way to keep fit and have fun. Join us for an easy ride around Milang. If you don't have a bike, you can use one of the MOSHCC bikes. Enquiries John 0410 340 071 **FREE**

Expression of Interest

Call MOSHCC to register your interest in these suggested upcoming courses!

08 8537 0687 or email reception@moshcc.com.au

Singing
Dancing
Drumming

Intro to Tourism
Intro to Hospitality
Digital Storytelling
Intro to Microsoft Office

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Our Mission:

The Milang Old School House Community Centre is committed to the provision of quality adult & community education programs which enhance the economic, educational and social well being of residents in the region. Programs offered will be accessible and affordable.

Thank you to:

Milang & District Community Care

The Commonwealth Home Support Program (CHSP)
is funded by the Australian Department of Health.

Adult Community Education

* These foundation skills activities are funded through the
Government of South Australia's WorkReady initiative.

Growing Life Connections

The Department for Communities and Social Inclusion
has contributed funds towards this project.

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